

CLAIMS

1. Compositions comprising:
 - a. silymarin or components thereof, in free form or complexed with phospholipids;
 - b. lycopene, in pure form or in the form of *Lycopersicum aesculentum* extract;
 - c. lauric acid or a non-toxic ester or salt thereof or the lipophilic extract of *Serenoa repens*;
 - d. optionally, zinc salts and/or selenium compounds.
2. Compositions as claimed in claim 1, in which component a. is silybin complexed with phosphatidylcholine.
3. Compositions as claimed in claim 1 or 2, in which component c. is lauric acid methyl or ethyl ester or its zinc salt.
4. Compositions as claimed in any one of the above claims in which the selenium compound is methylselenocysteine.
5. Compositions as claimed in any one of the above claims containing daily dosages of 100 mg to 1 g of silybin or silymarin or the equivalent of the corresponding phospholipid complexes; 2 to 30 mg of Lycopene; 20 to 80 mg of lauric acid or esters or salts thereof; 8 to 16 mg of zinc and 5 to 20 µg of selenium as methylselenocysteine.
6. Compositions as claimed in claim 5 containing 160 mg of silybin complexed with phosphatidylcholine; 7.5 mg of Lycopene; 22 mg of Zn laurate and 12 µg of methylselenocysteine.
7. The use of a combination of:
 - a. silymarin or components thereof, in free form or complexed with phospholipids;
 - b. lycopene, in pure form or in the form of *Lycopersicum*

aesculentum extract;

- c. lauric acid or a non-toxic ester or salt thereof or the lipophilic extract of *Serenoa repens*;
- d. optionally zinc salts and/or selenium compounds;

5 for the preparation of medicaments or nutraceuticals for the treatment of benign prostate hyperplasia and for the treatment and the prevention of the non-hormone-dependent prostate carcinoma.